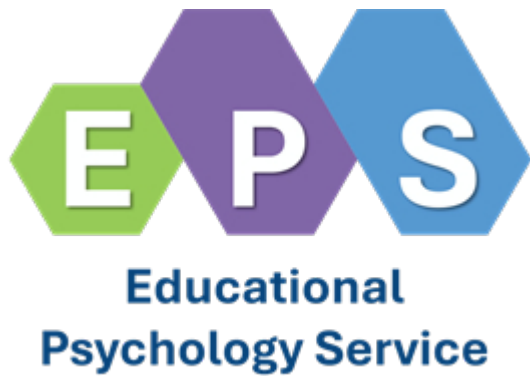




03/12/2026 09:00 - 15:00

Title: EPS - An Introduction to Emotion Coaching

Venue: The Pavilion (PAV01 - Main reception)

Trainer: Victoria Scott

Specialist Teaching and Educational Psychology Service

EPS - An Introduction to Emotion Coaching

Outline

This course aims to give an introduction to Emotion Coaching for all school staff and associated professionals.

Description

Emotion Coaching has been found to help children regulate, improve and take ownership of their behaviour as well as better understand their emotions. The course will cover the following areas:

- Meta-emotional awareness: the impact of our own emotions on how we respond to situations
- The function of behaviour we see in school
- Different emotions and the functions they serve
- The evidence for Emotion Coaching
- The theoretical basis of Emotion Coaching and how to use Emotion Coaching
- Practical approaches and tools you can use

Outcome

By the end of the course, participants will:

- Have an awareness of the theoretical basis for Emotion Coaching
- Have an understanding of the different 'emotional styles' relevant to Emotion Coaching
- Have had the opportunity to reflect on own emotional responses
- Understand how these emotional responses are key to working with children and young people
- Be able to use a range of techniques enabling you to 'Emotion Coach'

Audience

Education professionals, school staff

Booking information

Bookings Via GCC Plus

Please contact STEPS@gloucestershire.gov.uk should you have any queries/need further assistance.

Cancellation:

Individual training should be paid for before attendance to secure a place.

Full refund will be offered up to 6 weeks before training session.

50% refund will be offered between 6-2 weeks before cancellation

No refund will be offered for last minute cancellations (ie less than 2 weeks before training)

Prerequisites

Further information

Price: £120.00 per delegate

Available until: 19/11/2026

Code: STEPS-1226-T004